

Janet T. Mills
Governor

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Commissioner



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Below is a list of upcoming NAMI family education classes being offered via Zoom to Mainers living **anywhere** in the state:

NAMI Basics: This is a FREE educational program for parents and primary caregivers of children and adolescents living with mental illnesses. It covers the fundamentals of caring for yourself, for your family and for the child in your life who is struggling. This class meets for six, 2.5-hour sessions and is led by two trained facilitators.

Class dates: 5/4, 5/6, 5/11, 5/13, 5/18, & 5/20

To register please visit: https://www.namimaine.org/events/event_list

NAMI Family to Family: This is a FREE educational program for those who have a loved one with mental illnesses. This course covers the basics about mental illnesses, coping skills, handling crisis and relapse, suicide prevention, caring for yourself, communication techniques, and more. This class meets once a week for eight, 2.5-hour sessions and is led by two trained facilitators.

There are **TWO** upcoming Zoom Family to Family classes:

Wednesday evenings, May 6th- June 24th

OR

Thursday evenings, May 7th – June 25th

To register for one of these classes please visit: <https://www.namimaine.org/page/FamilytoFamily>

*For questions about these classes please contact Natalie at natalie@namimaine.org or (800) 464-5767 ext. 2305

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